

When to see a physio?



ALCHEMY
IN MOTION

@ 0-2 weeks

If you are experiencing any concerns immediately post delivery, you can see your physiotherapist straight away to have these concerns addressed

@ 2 weeks

- Delivery debrief
- Bladder & bowel concerns - incontinence, reduced sensation, pain, constipation
- Managing acute pain & commencing rehab for perineal stitches / caesarean wound
- Musculoskeletal pain & tension - especially neck, shoulders and back
- Abdominal muscle separation - compression garment prescription, ergonomics and precautions
- Breastfeeding dysfunction - blocked ducts, nipple trauma, mastitis, engorgement, attachment issues

@ 6 weeks

- Pelvic floor assessment - usually involving a gentle internal examination which gives us all the information we need to advise you on how to rehab properly
- Abdominal muscle separation reassessment + exercise prescription
- Musculoskeletal pain & tension + strength and conditioning rehabilitation
- Breastfeeding dysfunction
- Bladder & bowel concerns
- Scar tissue management + self massage

From 6 weeks

Typically from 6 weeks we are progressing your exercises in line with your rehab goals:

- Pelvic floor rehabilitation
- Abdominal muscle separation
- Musculoskeletal rehabilitation
- Ongoing management perineal stitches, scarring & painful sex
- Return to exercise programming - crossfit, running, gym, pilates etc"

References: See website

"The point to which you recover to is the starting point for your next baby or the starting point for the rest of your life"

It is never too late to see a pelvic floor physio however, pelvic floor related concerns can be progressive so it is highly recommended to manage your concerns sooner rather than later

Who to see



Alice Mackenzie



Ocean Kabikwa



Zoe Mills